Your Friend—

The Visiting Nurse

How the Visiting Nurse Service of the Metropolitan Life Insurance Company Serves You

YOU may have seen a VISITING NURSE enter your neighbor's house. She was probably carrying a black leather bag. You will not fully appreciate the value of her service until she comes to your home to give skilled care to a member of your family. This little booklet is to help you to know your friend—the VISITING NURSE.

The METROPOLITAN LIFE INSURANCE COMPANY organized its VISITING NURSE SERVICE in 1909. Today policyholders in 4,000 cities and towns in the United States and Canada have the benefit of this service. Last year nurses made 2,482,919 visits to the homes of sick policyholders.

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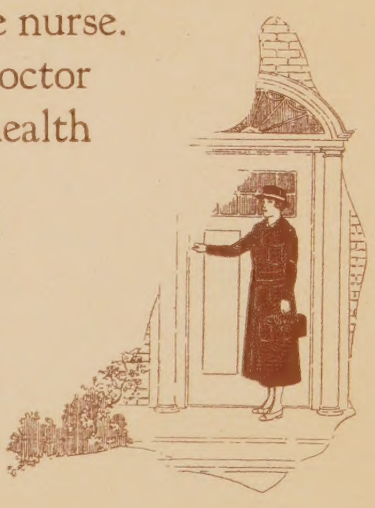
When There Is Sickness in Your Home

THE VISITING NURSE sent by the METROPOLITAN LIFE INSURANCE COMPANY in towns where we have established NURSING SERVICE, will come to your home, if you send for her, when an insured member of your family is sick and under the care of a physician.

She will teach you the proper way to carry out the doctor's instructions. You will feel that all will be well because a skilled nurse, while caring for the patient, will teach you how to do so during her absence.

The VISITING NURSE SERVICE helps to keep thousands of homes free from needless worry. Sickness can be prevented or can be made less serious through proper care. You will often shorten the length of illness by calling the doctor immediately and notifying the nurse.

The nurse will help the doctor to bring the happiness of health back into your home.



You do not need to go to see the VISITING NURSE. She comes to you in your home.

This new baby, fresh from his morning bath, given to him by the VISITING NURSE, *is ready to say "Good Morning" to his mother.*

Before the Baby Comes

THE VISITING NURSE makes one visit monthly to the expectant mother to instruct her in the right care of herself and what to get ready for the doctor's use. The doctor who comes to the home where a VISITING NURSE has been calling on the expectant mother, will find everything prepared.

The Metropolitan booklets, *The Child* and *Information for Expectant Mothers*, contain advice on preparing for the baby.

The *Maternity Dress Pattern* shows the mother how she can be comfortably and neatly dressed.

The *Layette Pattern* shows how to make the baby's clothes. These will be given by the nurse to policyholders who wish them.

The months of waiting are months of intelligent preparation for the new baby if the mother carries out the instructions of the VISITING NURSE.

When There Is a New Baby

THE Nurse comes to the home for eight visits after the baby is born, if the policy has been in force nine months at the time of delivery. She will care for both the mother and child. The many duties of the Nurse, who usually has other policy-holders to visit, do not give her time to care for the mother during confinement.

The baby who has the right start is more likely to grow into a healthy child. The mother is told how important it is to have a doctor examine her baby regularly to see if he is gaining and growing as he should. By giving mothers the best of care and watching the baby during the first important days of his life, the METROPOLITAN VISITING NURSE SERVICE is *making motherhood less dangerous* and *babyhood more safe.*

Mothers and babies are not the only ones who are glad that the VISITING NURSE can come to their home. The father is relieved to know that a nurse can be called for any sick member of his family who carries a policy.

Both the mother and the new baby are given skilled care by the VISITING NURSE.

The VISITING NURSE *shows the family how to bathe and dress the tiny visitor.*

When the Children Are Sick

CHILDREN in the home who have been cared for by the nurse are less likely to suffer from the serious results that sometimes follow children's diseases. Often nursing care cannot be given in contagious diseases, but if the mother wants to know how to care for her insured children that are sick and how to keep the well children from catching the disease, she may call the nurse for advice. For instance, the VISITING NURSE can teach the mother how to prevent the complications which often follow certain diseases.

The children themselves look forward to the Nurse's coming. She teaches the mother how to prepare a new dish that the sick child will like. She brings illustrated booklets published by the METROPOLITAN on many subjects.

Many children learn health habits from the Nurse who visits their school-room.

Policyholders and nurses come to know each other very well. A friendly understanding grows up between the mother and the nurse.

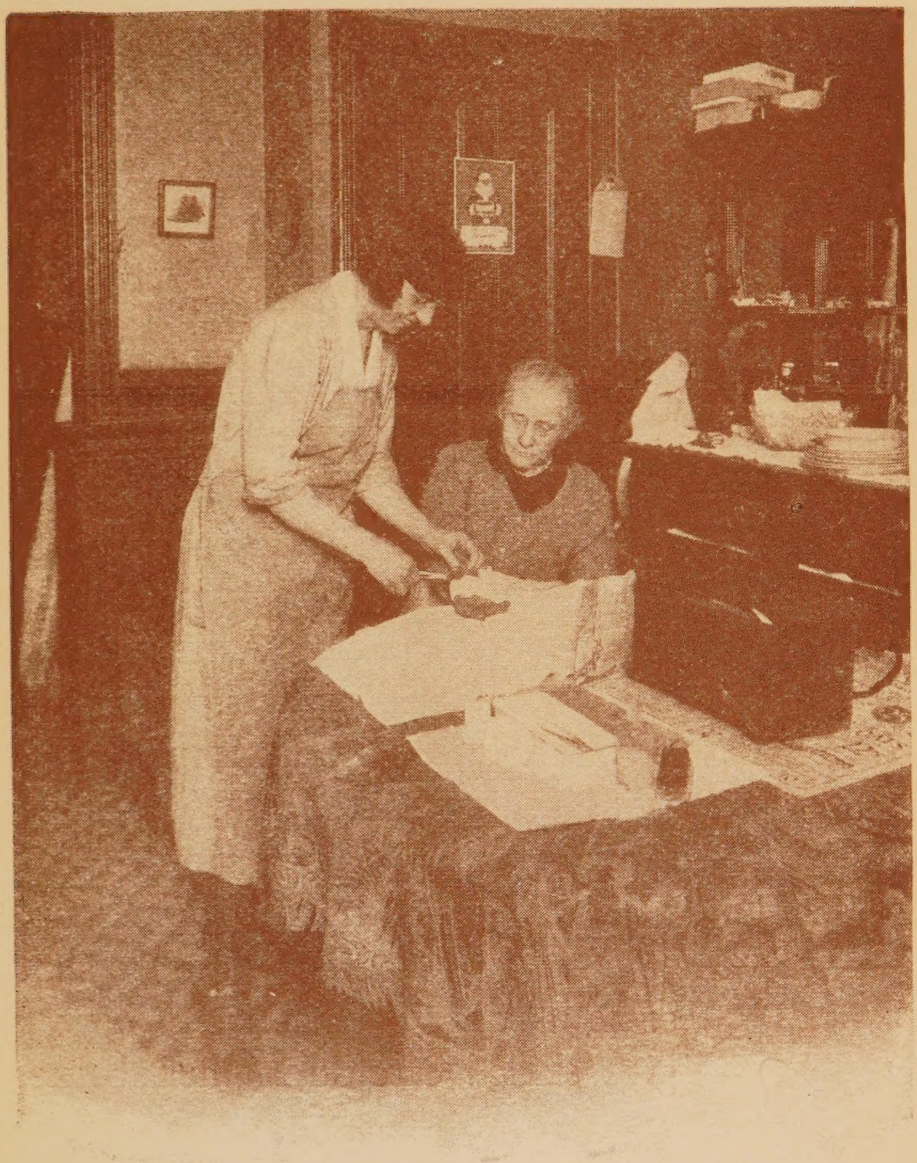
When Grown Folks Need Care

NURSING care is a great help to the doctor in assisting him to bring the sick patient back to health. This is especially true in such diseases as pneumonia and typhoid fever.

The nurse also instructs the family how to report correctly the condition of the patient during the absence of the doctor and the nurse. These daily records help the physician to judge more accurately the true condition of the patient.

A complete bath, an alcohol rub, a freshly-made bed and other bedside care which the nurse teaches the family to give, makes the sick person feel better. Nursing Service is given only during the acute period of illness.

Nursing is a fine art which the VISITING NURSE demonstrates in many ways; for instance, putting clean linen on the bed while the patient is in it.



If you are hurt, send for your doctor; then call the Nurse so she can carry out his orders for your treatment.

Group Policyholders

If you are an employee of a firm which carries Metropolitan Group Insurance, your certificate entitles you to our Visiting Nurse Service.

The Group policyholder should report illness directly to the nurse, the employer, or the Metropolitan Life Insurance Company Manager, in order that he may have the benefit of our Nursing Service promptly.

Medical care as well as nursing care is needed to help the sick back to health. The Visiting Nurse always carries out the doctor's orders. The Nurse who comes to your home from the Metropolitan Life Insurance Company cannot keep coming if the patient does not have a doctor.

The Nurse comes to your home to give double service—to care for the sick person and to show some member of the family how to give skilled care during her absence.

Through Group Insurance free nursing service is given to the man in factory, office or shop.

The working man himself often needs the VISITING NURSE. *She can dress a wound under a doctor's supervision which otherwise might need hospital care.*

This Service Is for You

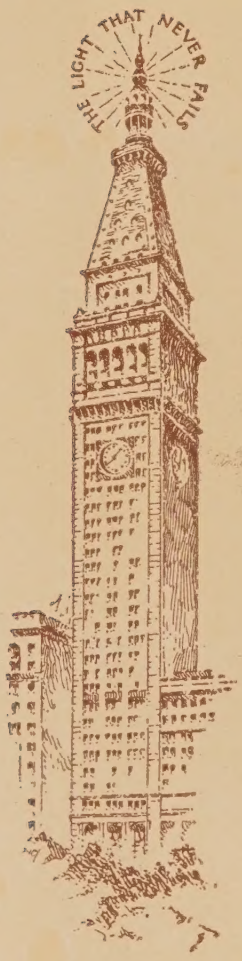
EVERY Industrial Policyholder or Group Certificate holder who lives where a NURSING CENTER is established is entitled to the METROPOLITAN VISITING NURSE SERVICE. *The service is absolutely free.* It has no effect upon the value of the policy. It is one of the benefits given to policyholders.

To call a Nurse tell your doctor, telephone the nurse or the NURSING CENTER or the METROPOLITAN LIFE INSURANCE office. In order that you may receive prompt service keep the telephone number of the METROPOLITAN office in a convenient place. If you do not have a telephone, mail the card which the Agent gave you. Always have such a card in a place where you can easily find it.

Send for the VISITING NURSE who cares for METROPOLITAN Policyholders *as soon as* you are sick.

The VISITING NURSE is your Friend.
Her mission is to help wherever
she is needed

The Nurse who is employed to care for METROPOLITAN POLICY-HOLDERS *will answer your call as soon as possible.*



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